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**HEALTHY AGING PRIZE** *for Asian* **INNOVATION**

**Announcement of Winners of  
the 2024 Healthy Aging Prize for Asian Innovation**

*Seven organizations from Japan, the Philippines, Singapore, South Korea, and Thailand were selected as best practices in Asia to address the challenges facing rapidly aging societies.*

TOKYO, Japan and JAKARTA, Indonesia, October 1, 2024 – The Japan Center for International Exchange (JCIE) and the Economic Research Institute for ASEAN and East Asia (ERIA) announced the winners today of the 2024 Healthy Aging Prize for Asian Innovation (HAPI). This year marked the fourth round of the award and it was the most competitive yet, with a high number of impressive applications received from across 12 countries or regions in East and Southeast Asia. From among these, seven organizations were recognized for their innovative work in the field of aging.

Selections were made by an international committee of seven experts from throughout the region. Grand Prize and Second Prize winners were named in the three categories of Technology & Innovation, Community-Based Initiatives, and Supporting Self-Reliance. In addition, this year the committee awarded a 2024 Special Prize for Care Network Development, recognizing an innovative initiative that has successfully created an integrated system that serves older people in a depopulated area of South Korea. Three honorable mentions were also selected.

This year's applicant pool saw an increased number of organizations from Thailand and the Philippines, with a Filipino organization winning a HAPI award for the first time. We also saw a rise in applications focused on the concept of lifelong learning, aiming to provide educational and income-generating opportunities for older people to empower them to make informed choices about their health and wellbeing and also to address the digital divide and improve digital literacy.

The Grand Prize and Special Prize winners will receive their awards in January 2025, at a special ceremony to be held in Bangkok, Thailand.

**2024 HAPI Grand Prize Winners**

*Technology & Innovation*

**Nurse & Craft | Japan**

Home Nursing to Regenerate the Town

*Community-Based Initiatives*

**Padyarescue Inc. | Philippines**

Go Bike Project—Ronda Kalusugan Program

*Supporting Self-Reliance*

**School of Lifelong Education, Chiang Mai University | Thailand**

MEDEE—Fostering Work Skills for Seniors in the Digital Era



### Special Prize for Care Network Development

**Institute for Community Care and Health Equity, Chung-Ang University; Summary A.I.; and Jeongeup City Public Health Center | South Korea**

CARE-Net—A Smart Integrated Care Approach to Reach Older People in a Depopulated Area

### Second Prize Winners

#### *Technology & Innovation*

**Lions Befrienders Service Association | Singapore**

IM-OK Program

#### *Community-Based Initiatives*

**Thye Hua Kwan Moral Charities and the Agency for Integrated Care | Singapore**

Micro-Jobs Program for Older People

#### *Supporting Self-Reliance*

**Graduate School of Medicine, Tokushima University; Beauty Life Corp. | Japan**

Online Exercise Salon for Older People through Industry-Academia Collaboration

### Honorable Mention

**Malaysian Research Institute on Ageing (MyAgeing™) | Malaysia**

Digital Literacy Modules for Older Persons

**YoungHappy Plus Co., Ltd | Thailand**

YoungHappy Plus Online Community Platform Designed to Enhance the Quality of Life for Urban Seniors

**Ageing Business and Care Development Centre (ABCD), Thammasat Business School, Thammasat University | Thailand**

Ready Senior Project

### More About the Grand Prize Winners

#### *Technology & Innovation*

**Nurse & Craft | Japan**

Home Nursing to Regenerate the Town

Like many remote areas, the island of Osaki Shimojima in the Seto Inland Sea has a small population, many of whom are older. Connected to the mainland by a toll bridge, the island faces a chronic shortage of medical and nursing care services. Nurse and Craft has developed a model that utilizes new technologies and techniques to find solutions that allow community members to remain in their homes safely, promote healthy behaviors, and lead more active and engaged lives. By setting up a home-visit nursing station on the island, they are able to assist residents in navigating telemedicine options to connect to doctors, introduce and implement IoT healthcare services, hold health classes to improve medical and digital literacy, and create opportunities for social interaction through monthly community lunches. The initiative also brings nursing students to the island for training and promotes health tourism to bring in both income and a needed boost of energy to the community.

#### *Community-Based Initiatives*

**Padyarescue Inc. | Philippines**

Go Bike Project—Ronda Kalusugan Program

In disaster-prone areas like the Philippines, older people with chronic diseases such as hypertension and diabetes are among the most vulnerable. Health monitoring is critical for older people to permit early detection and management of complications. The Go Bike Project trains and empowers a corps of young

people who ride through their communities to carry out regular health monitoring for older neighbors, checking and recording blood pressure and blood sugar levels, and taking action if they find irregularities. They are equipped with bicycles, first-aid kits, medicine, and other items that let them provide basic healthcare. They are also trained to share knowledge on disaster preparedness and mitigation. The bikes make it possible to traverse various terrain and reach more remote areas, while also being environmentally friendly. To date, more than 1,200 Go Bikers have been certified and the project has served more than 37,000 people. It promotes intergenerational respect and communication and instills awareness of the importance of healthy living among the younger generation.

### *Supporting Self-Reliance*

#### **School of Lifelong Education, Chiang Mai University | Thailand** **MEDEE—Fostering Work Skills for Seniors in the Digital Era**

As Thailand's working-age population decreases, more people will need to continue working into later life, but many lack the skills and tools needed to create ongoing income in the new digital economy. In collaboration with senior community partners, online courses and webinars are supplemented with in-person training sessions to teach seniors how to use technology, create an online business, and acquire various occupational skills to generate income and reduce dependency. It also teaches them about financial management and physical and mental health so they can live a fulfilling, self-reliant life as they age. This innovation is a part of Chiang Mai University's strategic initiative on the UN's SDG4 on quality education and is supported by the National Research Council of Thailand. The project is carried out in partnership with 2,500 elderly schools across the country, as well as by government, private, and community agencies.

### **More About the Special Prize Winner**

#### **Institute for Community Care and Health Equity, Chung-Ang University; Summary A.I.; and Jeongeup City Public Health Center | South Korea**

##### **CARE-Net—A Smart Integrated Care Approach to Reach Older People in a Depopulated Area**

The city of Jeongeup has been facing depopulation. Today, the overall percentage of people 65 and up is 31 percent, but that number rises to 46 percent in the rural areas, and many of those rural areas have no hospitals or clinics. In response, Chung-Ang University has worked with the city to develop a smart integrated care system. They created a digital platform, CARE-Net, that connects health, welfare, long-term care services, and medical care, allowing inter-agency data-sharing and communication that lets experts quickly identify a person's needs and communicate with others to resolve them. Service beneficiaries can see their own health information and control who should have access to their data. Importantly, they created a system of village care managers (citizen health leaders), individuals who are selected and trained in each village to help their neighbors navigate the system and to serve as advocates on their behalf.

### **More About the Second Prize Winners**

#### *Technology & Innovation*

#### **Lions Befrienders Service Association | Singapore** **IM-OK Program**

To combat social isolation, the Lions Befrienders Service Association (LBSA) created an easy-to-use elderly-friendly tablet device that lets users monitor and report their daily wellbeing. Pushing an "I am OK" button lets people know they are alright, and any missed check-ins alert family or LBSA volunteers to confirm the person's safety. The tablet offers entertainment, learning, and health-related functions as well.

#### *Community-Based Initiatives*

#### **Thye Hua Kwan Moral Charities, Agency for Integrated Care | Singapore** **Micro-Jobs Program for Older People**

The Micro-Jobs Program lets healthy, active seniors assist frailer peers in their neighborhood through tasks such as meal delivery, medication reminders, or accompanying people to doctor’s appointments. The tasks are “bite-size,” so there is a low barrier to entry. Participants are trained and receive a modest allowance in return for the tasks. More importantly, they feel a sense of purpose and engagement with their community.

### *Supporting Self-Reliance*

#### **Graduate School of Medicine, Tokushima University and Beauty Life Corp. | Japan Online Exercise Salon for Older People through Industry-Academia Collaboration**

Based on a unique concept of “gut-brain-muscle correlation,” this program offers online exercise and brain health broadcasts on a contract basis to nursing homes. By providing more than 10,000 combinations of evidence-based exercises designed to prevent frailty and maintain health, the salons reduce the need for nursing personnel to spend time and resources creating their own content to keep residents healthy and engaged.

*Information about award winners is available on the AHWIN website ([www.ahwin.org](http://www.ahwin.org)).*

### **About the Award**

HAPI is an award program designed to recognize and amplify innovative policies, programs, services, and products that address the challenges facing aging societies. This prize is an initiative of JCIE and ERIA, carried out under the auspices of the Japanese government’s Asia Health and Wellbeing Initiative (AHWIN). Awards are given in three categories:

- **Technology & Innovation:** New technologies and techniques that encourage healthy and productive aging, that improve the way that older persons receive care, or that provide greater efficiency, safety, and/or convenience for older persons and caregivers
- **Community-Based Initiatives:** Community-based approaches—including intergenerational approaches—to keeping older adults healthy, active, engaged, and/or safe
- **Supporting Self-Reliance:** New ways to help older adults maintain, improve, or restore their ability to carry out activities of daily living and to age in place

The award is unique for its breadth of coverage, allowing a wide range of organizations—including community organizations, NPOs, associations, local governments, businesses, and others—across the region to apply and enabling them to showcase how they are innovating on a diverse set of interconnected issues. HAPI was introduced at a pivotal time as Asia now faces unprecedented demographic changes: according to UN data, East and Southeast Asia are expected to have 557 million people aged 65 or over by 2050—nearly double today’s number.

### **About the Organizers**

HAPI is an initiative of the Economic Research Institute for ASEAN and East Asia (ERIA, [www.eria.org](http://www.eria.org)), based in Jakarta, and the Japan Center for International Exchange (JCIE, [www.jcie.org](http://www.jcie.org)), located in Tokyo and New York. These nonprofit think tanks are partnering on several projects under the auspices of the Japanese government’s Asia Health and Wellbeing Initiative (AHWIN). AHWIN was launched in 2016 to promote bilateral and regional cooperation on a range of issues related to fostering vibrant and healthy societies where people can enjoy long and productive lives, to develop sustainable and self-reliant health care systems in Asia, and to contribute to the region’s sustainable and equitable development and economic growth. As part of that initiative, ERIA and JCIE are focusing on the promotion of healthy aging in Asia, supporting research, dialogues, and information sharing that can benefit people and policymakers throughout the region. For details about HAPI, visit our website at <https://www.ahwin.org/award/>.